

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

<b>Yield</b>	1	salad	<b>Prep</b>
<b>Portion</b>	1	salad	<b>Cook</b>
<b>Num Portions</b>	1		<b>Finish</b>
			<b>Shelf</b>

<b>Nutrition Facts</b>	
Serving Size	1 salad
Servings Per Container	1
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Amount Per Serving	
<b>Calories</b> 176	Calories From Fat 84
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	% Daily Value
<b>Total Fat</b> 9g	14%
Saturated Fat 4g	16%
<b>Cholesterol</b> 19mg	6%
<b>Sodium</b> 354mg	15%
<b>Total Carbohydrates</b> 20g	7%
Dietary Fiber 3g	14%
<b>Protein</b> 6g	
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Vitamin A 93%	Vitamin C 93%
Calcium 18%	Iron 13%
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* Percent Daily Values are based on a 2000 calorie diet.	

**Nutrition Descriptors**

- Low Cholesterol
- High in Vitamin A
- High in Vitamin C
- Good Source of Calcium
- Good Source of Potassium
- Good Source of Iron
- Good Source of Fiber
- Good Source of Protein